

# Physical Activity and Nutrition Resources!

**Choose My Plate:** <http://www.choosemyplate.gov/>

- \* Sample menus and recipes, fact and tip sheets, food group information
- \* Super Tracker: track food and activity, get a personalized plan, get tips and support
- \* Information for kids, preschoolers, college students, pregnant/breastfeeding women, dieters



**Fruits & Veggies More Matters:** <http://www.fruitsandveggiesmorematters.org/>



- \* Recipes, tips and resources
- \* Activity sheets for kids
- \* Meal planning

**Healthy Weight- it's not a diet, it's a lifestyle!**

<http://www.cdc.gov/healthyweight/index.html>

- \* Information on assessing weight, balancing calories, and healthy eating and exercise

**Let's Move!** <http://www.letsmove.gov/>

- \* Information for parents and kids on eating healthy and getting physical activity



**SPENDSMART  
EATSMART**

**Spend Smart Eat Smart: Iowa State University**

<http://www.extension.iastate.edu/foodsavings/>

- \* Tips on planning, shopping, and cooking on a budget

